

OCT 22 1975

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25m

YOU AND YOUR CLOTHES
Personal Appearance

L-1398



FRAMING YOUR FACE

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Wearing a flattering hairstyle is like framing a picture. It creates a finished look and makes the face more attractive.

To choose an attractive "Frame" for your face, identify your type of hair and your face shape.

What type of hair do you have?
(Check each blank on the left which describes your hair.)

Types of hair:

The texture of my hair is:

- ☐ Fine
- ☐ Medium
- ☐ Coarse

My hair is:

- ☐ Straight
- ☐ Wavy
- ☐ Curly
- ☐ Kinky

Texture (feel) of hair:

Fine hair feels soft and limp and is often thin; it will not hold a set well.

Medium hair feels soft but not limp; it has good body but is not stiff.

Coarse hair feels stiff and is often wiry; it has good body and will usually hold a set.

Straight hair falls straight naturally and does not hold curl.

Wavy hair holds a slight amount of curl and usually holds a set.

Curly hair spirals naturally but may frizz in damp weather.

Kinky hair has tight spirals which tend to frizz.

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If your hair does not hold curl well, choose an easy, casual style that allows the hair to fall naturally.



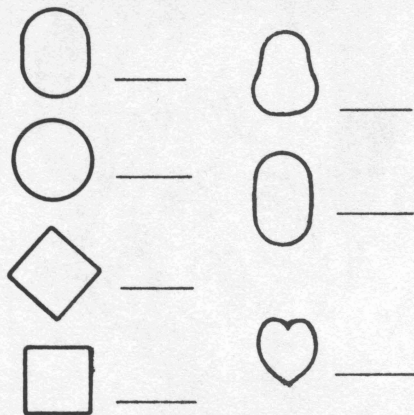
Take advantage of wavy or curly hair by styling it into casual, soft waves or curls. If hair is thick, cut it in layers to reduce fullness.

For kinky hair, natural, all-over tight curls may be best. Hair may be straightened with chemical products or press combs if desired.



Styles may be set with rollers or pin curls, blown dry or combed into shape while wet to create a soft natural look. Heated rollers or curling irons may add a special touch.

Check the shape which resembles your face shape:



Knowing the shape of your face also helps you select the best hair style for you. Is your face oval, round, square, pear, oblong, diamond or heart shaped?

The most attractive hair style frames your face to make it appear more oval. Several styles may be right for you.

Oval — may wear almost any hairstyle.



Round — needs height on the top and should be flat and close at the cheeks and jaw line.



Square — needs height at the top and should be softly rounded around the face. Avoid width at the cheeks and jaw area.



Pear shape — needs fullness across the top of the head and should fit close at side of face.



Oblong — needs width at the sides. Avoid additional height. Bangs will cut apparent length of face.



Diamond — needs width across top of head but keep close to face at cheeks. Width at or just below the jawline may make chin appear less sharp.



Heart shape — cover temple width with hair brought softly forward. Keep hair close to side of face. Hair width at jawline makes chin appear less narrow.

Softness around the face is usually more attractive, especially in later years. For emergencies or for fun, an inexpensive wig may create just the look you want. Choose a color similar to your own hair.



Study your face shape and current hair style. Then make a pretty picture by framing your face with a flattering hairstyle.

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25M—10-75 CLO 6